

Table 5. Energy Intakes: Percentages¹ of Energy from Protein, Carbohydrate, Fat, and Alcohol, by Gender and Age, in the United States, 2013-2014

Gender and age (years)	Sample size	Energy		Protein		Carbohydrate		Total fat		Saturated fat		Mono-unsaturated fat		Poly-unsaturated fat		Alcohol	
		kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)	% kcal	(SE)
Males:																	
2 - 5.....	337	1571	(35.2)	14	(0.4)	55	(0.4)	32	(0.4)	11	(0.2)	10	(0.1)	7	(0.1)	--	--
6 - 11.....	537	2036	(46.2)	14	(0.2)	54	(0.3)	33	(0.4)	12	(0.3)	11	(0.2)	7	(0.2)	--	--
12 - 19.....	646	2376	(38.2)	16	(0.4)	51	(0.8)	34	(0.5)	11	(0.3)	11	(0.2)	8	(0.2)	--	--
20 - 29.....	424	2704	(62.5)	17	(0.5)	46	(0.8)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
30 - 39.....	429	2622	(68.0)	16	(0.5)	47	(0.5)	33	(0.4)	11	(0.2)	12	(0.1)	8	(0.2)	--	--
40 - 49.....	410	2520	(45.3)	16	(0.3)	47	(1.0)	33	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	398	2493	(77.7)	16	(0.5)	47	(0.8)	34	(0.8)	11	(0.2)	12	(0.3)	8	(0.2)	--	--
60 - 69.....	395	2253	(51.7)	16	(0.5)	46	(1.1)	35	(0.4)	11	(0.3)	12	(0.3)	8	(0.2)	--	--
70 and over.....	358	2022	(63.3)	16	(0.3)	47	(0.9)	35	(0.7)	12	(0.3)	12	(0.3)	8	(0.3)	--	--
2 - 19.....	1520	2101	(26.4)	15	(0.2)	53	(0.4)	33	(0.4)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
20 and over...	2414	2477	(26.1)	16	(0.3)	47	(0.4)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	4	(0.3)
2 and over...	3934	2382	(21.0)	16	(0.2)	48	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Females:																	
2 - 5.....	339	1395	(36.9)	15	(0.3)	54	(0.6)	33	(0.6)	12	(0.2)	11	(0.2)	7	(0.2)	--	--
6 - 11.....	510	1786	(30.4)	14	(0.3)	54	(0.6)	33	(0.4)	12	(0.2)	11	(0.1)	8	(0.2)	--	--
12 - 19.....	650	1689	(48.0)	15	(0.4)	53	(0.7)	33	(0.6)	11	(0.3)	11	(0.3)	8	(0.3)	--	--
20 - 29.....	430	1933	(61.9)	15	(0.5)	49	(0.6)	34	(0.6)	11	(0.3)	11	(0.2)	8	(0.2)	--	--
30 - 39.....	463	1986	(33.0)	16	(0.4)	50	(0.6)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.2)	--	--
40 - 49.....	487	1873	(36.3)	16	(0.3)	49	(0.5)	34	(0.4)	11	(0.2)	12	(0.2)	8	(0.2)	--	--
50 - 59.....	439	1779	(38.2)	16	(0.4)	48	(0.9)	35	(0.6)	11	(0.2)	12	(0.3)	9	(0.3)	--	--
60 - 69.....	433	1712	(55.5)	16	(0.4)	48	(0.5)	35	(0.4)	11	(0.2)	12	(0.2)	9	(0.2)	--	--
70 and over.....	381	1604	(37.9)	16	(0.3)	50	(0.5)	34	(0.5)	11	(0.3)	12	(0.2)	8	(0.1)	--	--
2 - 19.....	1499	1657	(22.7)	15	(0.3)	53	(0.4)	33	(0.3)	11	(0.2)	11	(0.2)	8	(0.2)	--	--
20 and over...	2633	1825	(18.1)	16	(0.2)	49	(0.4)	34	(0.3)	11	(0.1)	12	(0.1)	8	(0.1)	2	(0.2)
2 and over...	4132	1786	(16.4)	16	(0.2)	50	(0.3)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--
Males and females:																	
2 - 19.....	3019	1885	(21.1)	15	(0.2)	53	(0.3)	33	(0.3)	12	(0.1)	11	(0.1)	7	(0.1)	--	--
20 and over...	5047	2141	(18.7)	16	(0.2)	48	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	3	(0.2)
2 and over...	8066	2079	(17.2)	16	(0.2)	49	(0.2)	34	(0.2)	11	(0.1)	12	(0.1)	8	(0.1)	--	--

Footnotes

¹ Percentages estimated as a ratio of each individual's energy intake of protein, carbohydrate, fat and alcohol divided by the individual's total food energy intake.

Abbreviations

SE = standard error.

Notes Applicable to All Tables in Series: *What We Eat in America*, NHANES 2013-2014

Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2013-2014. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded and nutrient values were determined using the USDA Food and Nutrient Database for Dietary Studies 2013-2014 www.ars.usda.gov/nea/bhnrc/fsrg.

Intakes of nutrients and other dietary components are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

Although alcohol data are collected for all individuals, estimates are not presented for age groups under 20 years due to extreme variability and/or inadequate sample size.

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